

Name _____ Date _____ Period/Cycle Day _____

Cardiovascular Diseases

About _____ Americans die of cardiovascular disease (CVD) each year, which amounts to one death every _____ seconds. Although cardiovascular disease is often thought to primarily affect _____ and _____, it is a major killer of _____ and people in the prime of life. More than _____ of all cardiovascular disease deaths each year occur among women. In addition, more than _____ million Americans (over one-fourth of the population) live with a cardiovascular disease. This is important to know because many cardiovascular diseases are a result of _____ and _____ adopted early in life.

A noncommunicable disease is...

Cardiovascular system transports _____ to all parts of your body. Without _____ and other materials that blood carries, your cells would die. Sometimes diseases interfere with the pumping action of the _____ or the movement of blood through _____.

A cardiovascular disease (CVD) is...

61 million Americans have some form of the disease.

1. Known as a _____
2. Often has no _____ in its early stages.

CVD are responsible for _____ % of all deaths in the United States, killing almost a _____ Americans each year.

Types of Cardiovascular Disease

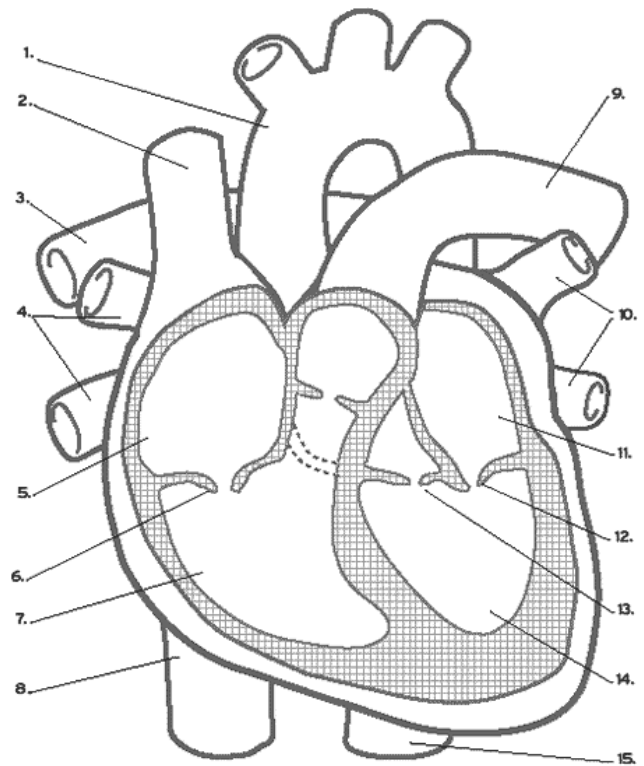
1. _____ – high blood _____, major risk factor for other CVDs, most common in people over _____.
 - a. _____ – the force of blood created by the heart's contractions and the resistance of the vessel walls
 - b. methods of _____ hypertension include
 - i. _____
 - ii. _____
 - iii. adequate _____
 - iv. proper _____
2. Atherosclerosis –
 - a. _____ – fatty substance in the blood that can build up on the artery walls, causing the arteries to thicken and lose their elasticity.
 - b. This build up is mainly due to food choices – specifically a high intake of _____ and _____
 - c. This blockage could result in a _____ which could affect an artery that feeds the _____ or _____.

At birth, the lining of blood vessels is _____ and _____. Over time, factors such as _____, _____ blood pressure, and high _____ levels can damage the inner lining of the arteries.

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Diseases of the Heart

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.



Your heart pumps about _____ times a day _____ day to move blood to all parts of your body. Just like every other organ, your heart needs to _____ from _____ to function. When the blood supply to the heart is _____ to provide enough oxygen, the result can be _____, damage to the _____ muscle, or even _____ death.

Define each of the following include symptoms, causes, and treatment from your text.

A. Angina Pectoris –

B. Arrhythmias –

- ventricular fibrillation (vf)–

C. Heart Attack –

D. Congestive Heart Failure –

E. Stroke –

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Why you, as a teen, are at risk

The _____ established during your teen years and early adult life _____, in large part, your risk of developing _____. Even though the symptoms of CVD often don't show up until _____, the disease itself starts to develop in _____, according to the American Heart Association. Autopsy results of adolescents who died from causes other than CVD have revealed that one in _____ already had evidence of CVD. Those who had a _____ of known risk factors, such as _____ or diabetes, were more likely to have blood vessel _____. The health behaviors you practice _____ are affecting your _____ system.

Risk Factors for CANNOT be Controlled

Some factors for cardiovascular disease are out of your control, but you should be aware of them and know how they influence your health. These factors include:

- **Heredity -**
- **Gender -**
- **Age -**

Knowing the risk factors you can't control can help you make healthful decisions that protect your cardiovascular system. For example, if you have a family history of hypertension, you should be particularly careful to get the proper medical screenings and to practice preventive strategies, such as maintaining a healthful weight.

Risk Factors for CVDs You Can Control

The _____ Association has identified several factors that increase the risk of cardiovascular disease. The more risk factors you have, the _____ your chance of developing cardiovascular disease. Although you cannot _____ all risk factors, the ones listed below are the result of the daily decisions you make about your health and health habits.

Fill in the *Preventative Step* (next to the bullet) you can take that coordinates with the fact shared

Tobacco use	<ul style="list-style-type: none">•<ul style="list-style-type: none">○ 20% of the deaths from CVD are smoking related. Tobacco use is the biggest risk factor for teens.•<ul style="list-style-type: none">○ constant exposure to other people's smoke increases the risk of CVD even for nonsmokers. 40,000 nonsmokers are exposed each year
High blood pressure	<ul style="list-style-type: none">•<ul style="list-style-type: none">○ Healthy diet, regular exercise and proper weight can help to maintain a health blood pressure.
High cholesterol	<ul style="list-style-type: none">•<ul style="list-style-type: none">○ High blood cholesterol can usually be controlled with medication and by practicing healthful lifestyle behaviors. Diets low in cholesterol and saturated fats, get regular physical activity, this will keep plaque from forming in your arteries.
Physical inactivity	<ul style="list-style-type: none">•<ul style="list-style-type: none">○ Even if you're not overweight you should get at least 30 to 60 minutes of physical activity each day. This will help to strengthen you heart and maintain a healthy weight.
Excess weight	<ul style="list-style-type: none">•<ul style="list-style-type: none">○ Excess weight increases the strain on the heart. It also raises blood pressure and the levels of blood cholesterol.
Stress	<ul style="list-style-type: none">•<ul style="list-style-type: none">○ Constant stress can raise blood pressure. Practice stress-management techniques.
Drug and alcohol use	<ul style="list-style-type: none">•<ul style="list-style-type: none">○ Drinking too much alcohol can raise blood pressure and cause heart failure or irregular heartbeat. Some illegal drugs increase the heart rate and blood pressure and can result in sudden death from heart failure